



KEY STROKES

KBC ROWING NEWSLETTER

2025 - ISSUE # 4



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NATIONAL GAMES 2025 - KARACHI



Karachi Boat Club hosted the rowing events of the 35th National Games from 8th to 11th December, marking the return of



National Games rowing to Karachi after an 18-year gap. Over four days, teams from across Pakistan competed in both outdoor and indoor events, bringing national-level rowing back to the city in a meaningful way. Outdoor races were held on Chinna Creek over a 1500-meter course, while indoor events took place at the Creek View Hall.



The competition featured a wide range of boat classes for both men and women. Outdoor events included single sculls, double sculls, coxless pairs, coxless fours, and lightweight coxless fours, while indoor rowing consisted of 2,000-meter races in open-weight and lightweight categories. Teams from Punjab, Sindh, Khyber Pakhtunkhwa, WAPDA, Army, Navy, Railways, HEC, Balochistan, and Police took part, with



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MOU SIGNING - PARCO X KBC

PARCO and the Karachi Boat Club signed an MOU on 19th September, marking a new partnership to support rowing and related activities. The ceremony took place at Creek View Hall, with the MOU signed by Mr. Fasih ur Rehman, KBC Secretary, and Ms. Sharon Dias, GM Group CA, in the presence of witnesses Arif Ikram, Ather Iqbal, Syeda Ameer Batool, and Brig (R) Shirjeel Agha.

This collaboration reflects a shared commitment to promoting rowing and creating more opportunities for athletes and enthusiasts. KBC looks forward to working with PARCO to enhance programs and facilities, and to make rowing an even more vibrant part of the local sports community.



SUPER60 SINGAPORE

The Super60 Singapore was a two-day international fitness and rowing event that brought together athletes from all over the world, with categories from U16 to Masters and the fun Versa Challenge that kept the energy high. Pakistan was represented by Farid Arif, who not only competed as the country's sole participant but also brought home a win.

What stood out most was how the event mixed serious competition with a really supportive, fun vibe. Seeing Farid hold his own against top athletes from different countries was genuinely inspiring and showed the potential young Pakistani athletes have when they're given the chance to compete on a global stage. His win felt like a small but meaningful step forward for all of us.



THE CHAMPIONS KBC ANNUAL INDOOR OPEN ROWING REGATTA 2025

The Champions KBC Annual Indoor Open Rowing Regatta was held on the 1st and 2nd of November, organised by the Karachi Boat Club as one of its flagship annual events. This year's regatta brought together 631 participants from various schools, colleges, universities, and the Masters category. The event was supported by Allied Bank as our sole sponsor, whose contributions helped elevate the experience for athletes and spectators. Our guest of honour Mr. Hattori Masaru, CG Japan, presented medals and shared words of motivation with the young rowers.

Both days of the event took place at the Aga Khan University Gymnasium, which was transformed into a full indoor rowing arena. Day one featured the heats, with athletes racing to secure their spots in the finals. Day two delivered the main races, drawing a strong crowd of families, friends, and rowing enthusiasts.

The regatta offered events across a wide age range from Under-15, Under-17, Under-19, Under-21, Open, and Masters categories allowing rowers at every stage to take part. Races included the 500m sprint, the 2000m endurance challenge, and the high-energy 4x500m relay. With so many categories and close finishes, the atmosphere stayed lively throughout. Several long-standing records were broken this year, showing just how quickly indoor rowing is developing in Karachi.

From an athlete's perspective, the regatta carried its own emotional weight. For me, competing for the third year in a row made the event feel familiar yet exciting. Breaking two records in the U21 lightweight men's 500m and the 4x500m relay was a moment I won't forget, and it made all the hours of training feel worthwhile.

The Champions Regatta continues to foster rowing culture in the city, giving young athletes a platform to grow, compete, and celebrate the sport together.



THE CHAMPIONS KBC ANNUAL INDOOR OPEN ROWING REGATTA 2025



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ASIAN ROWING CHAMPIONSHIPS 2025

The 2025 Asian Rowing Championships were held from 13th to 19th October on the Gia Dam River in Hai Phong, Vietnam, bringing together Asia's best rowers for a week of competition. Organised by the Vietnam Canoeing, Rowing and Sailing Federation under the Asian Rowing Federation, with its President Mr. Chen Chunxin in attendance, the event saw nearly 700 athletes, coaches, and officials from 18 nations competing across 20 boat classes in men's and women's events.

Arif Ikram, KBC's Captain of Boats, represented the club as an umpire, helping ensure smooth and fair races throughout the week. The Championships offered a chance for knowledge sharing and connection across Asia's rowing community and KBC is proud to see its members contributing to such major international events and strengthening the club's presence on the continental stage.



KBC PRESIDENTS CUP 2025

The KBC President's Cup Challenge was held on Saturday, 15th November 2025. Boats for the Open Mixed 4+ category were made on the spot, and the races were fast-paced and exciting. Rowers from across the club came together for an afternoon of teamwork and skill on the water. The first-place winners were Hasnain Raza, Mishel Rizwan, Abubaker Godil and Merziya Adnan followed closely by Ayaan Ahmed, Zoha Waqas, Ibrahim Salman and Leesha Sham in second place. Both participants and spectators enjoyed a fun and engaging event that captured the spirit of rowing at KBC.



KBC MASTERS LEARN TO ROW 2.0

The Masters LTR 2.0 program ran from 8th April to 17th May, meeting every Tuesday, Thursday, and Saturday from 7:00 to 8:30 AM. The program welcomed 19 participants, including both club members and newcomers eager to learn the basics of rowing. Over six weeks, participants were coached under the guidance of our skilled coaches gaining hands-on experience on the water while learning fundamental rowing techniques, safety practices, and teamwork skills.

As foreigners who have been living for some time in Karachi, we had no idea about the rowing opportunities here until a KBC member shared about the Masters LTR, and what a lovely surprise it has been. The coaches have been extremely helpful and encouraging, giving us a good balance of instruction, training, and supportive feedback as we learn. We love the culture that has been established in the rowing community at KBC and look forward to continue rowing.



By: Liesl Larkin

These opportunities didn't just happen. They were made possible through the steady support and involvement of a few key individuals who've stood behind the sport and its athletes.



By Muhammad Ishaq



KBC MASTERS LEARN TO ROW 2.0

Sessions combined practical on-water training with guidance and feedback from experienced coaches, helping participants build confidence and competence with each outing. Many participants highlighted how rewarding it was to master the techniques and feel the rhythm of rowing as part of a team and continued to support and encourage each other throughout the sessions.

By the end of the camp, everyone had made noticeable progress with some even ready to advance to more challenging rowing sessions. The program concluded with a friendly Masters Regatta, giving participants the opportunity to put their newly learned skills into practice in a fun, competitive setting.

“Although I’ve been a KBC member for years and my children rowed for their school teams, I never took up rowing myself until now – and I’m so glad I finally did. The Masters Program was genuinely impressive, and I thoroughly enjoyed the program, would highly recommend others to try the next one, and I’m looking forward to putting in more hours at KBC on a regular basis



By: Husnain Raza Nensey



UMPIRING SEMINAR 3

On November 15, 2025, the KBC umpiring group came together for the third Umpiring Seminar of the year, led by Annabel Belgaumi. The workshop brought together 11 JTOs, CTOs, and several upcoming umpires for a practical refresher on World Rowing rules especially those relevant to Indoor Regattas and the sanctions that apply.

Much of the conversation revolved around relay-race rules and the finer details that often shape decisions on race day. Everyone was reminded that while each situation is different, an umpire’s priorities always remain the same: Safety, Fairness, and Punctuality. A short quiz at the end sparked a lively discussion, helping clear up any remaining questions.

On a personal note, this session also marked a milestone as I completed all the requirements to become a CTO and was officially promoted at the end of the seminar.



ALL-PAKISTAN HEC INDOOR ROWING REGATTA 2025

The All-Pakistan HEC Indoor Rowing Regatta took place at the IBA Karachi campus on 26th and 27th November, bringing together 80+ students from 12 universities across the country, including Faisalabad, Lahore, Islamabad and Karachi. The two-day event featured a range of indoor rowing races, including 500m, 2000m, 4x500m relays, and 2x1000m formats, allowing athletes from both open weight and lightweight categories to test their speed and endurance.

The competition opened with the men's 500m race, setting the pace for a full lineup of closely contested events. Day two continued with the lightweight categories and longer-distance races, ending with the open 4x500m relay, which drew some of the most intense finishes of the regatta. Punjab University secured the overall top position based on total points, while several other universities put up strong performances throughout the event.

The regatta was jointly run by IBA Karachi and Karachi Boat Club, with KBC supporting the event through equipment, technical oversight, and officiating. This collaboration helped ensure a fair and well-managed competition for all participating teams.

Beyond the results the regatta served as an important platform for introducing more university students to indoor rowing. It offered athletes the chance to challenge themselves by competing at a national level, and experience the growing rowing culture across the country. Events like these continue to support the development of rowing in Pakistan and encourage wider participation in the sport.



NATIONAL GAMES 2025 - KARACHI

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Karachi Boat Club athletes competing across multiple teams and categories. KBC played a central role in delivering the event, providing boats, pontoons, motor boats, umpires, officials, and full course and technical support. Officials were positioned across the course, from the start and finish lines to the umpire boats, ensuring races ran smoothly throughout. In results involving KBC rowers, HEC Men's 4- and Sindh Men's Lightweight 4- both secured third place finishes. Sindh women also performed strongly, with third place finishes in the Women's 2x and Women's Lightweight 4-. Hosting the National Games rowing once again was a proud moment for KBC and a significant step forward for the sport in Karachi.



KBC ROWING CALENDAR 2025

	Club Seasonal Regatta	Inter-School	National/ Inter-National	Seminars & Development	School Events
September 2025	KBC Autumn Regatta Sat 13th - Sun 14th		Vladivostok International Regatta (Russia) Fri 5th - Sat 6th World Rowing Masters Regatta, Banyoles (Spain) Thurs 10th - Sun 14th Concept2's WOD Week* Mon 1st - Sun 7th	Umpiring Seminar - II Sat 20th	BVA Indoor Inter-House Fri 12th & Fri 19th AKU Rowing Club Regatta Outdoor - Sat 27th Indoor - Sun 28th
October 2025			Rowing, SUP, Kayak and Dragon Boat Regatta, Malaysia - TBA	Coaching Seminar - IV Sat 18th	KGS Inter-House Rowing Regatta Wed 8th IBA Indoor Rowing Championship Sun 19th
November 2025	President's Cup Sat 15th	KBC National Indoor Rowing Regatta Sat 1st - Sun 2nd		Umpiring Seminar - III Sat 8th FRIP Workshop Sat 29th Masters Learn to Row Mon 3rd Nov - Sun 14 Dec	
December 2025	KBC Winter Regatta Sat 13th - Sun 14th	KBC Outreach Regatta Sat 6th	The 2nd Thailand Rowing, Kayak, SUP, Dragon Boats Race, Bangkok Fri 4th - Mon 7th National Rowing Championships (Islamabad) - TBA	Masters Learn to Row Mon 3rd Nov - Sun 14 Dec	
January 2026		18th KBC Inter School Regatta Sat 24th Jan Sun 1st Feb		Coxing Seminar - TBA Rules & Safety Seminar - TBA Umpiring Seminar - IV Sat 17th - Sun 18th	

ROWING COMMITTEE 2025

1. Arif Ikram (Captain of Boats)
2. Danesh Dinshaw (Member)
3. Ali Akram Sultan (Member)
4. Akhund Siddiqui (Member)
5. Ather Iqbal (Member)
6. Talha Ahmad Ansari (Member)
7. Naveen Asad (Member)
8. Malik Abdul Rahim Babai (Rowing Member)
9. Danish Iftikhar (Rowing Member)
10. Abdullah Ahmed (Rowing Member)
11. Wajeeha Khan (Rowing Member)
12. Annabel Belgaumi (Rowing Member)
13. Syeds Sadaf Salman (Rowing Member)
14. Maliha Tahir (Rowing Member)
15. Mariam Yousuf Ali (Rowing Member)
16. Maryam Meraj (Rowing Member)
17. Hamas Esbhani (Rowing Member)
18. Aaleen Hussain (Rowing Member)
19. Asghar Ali (Head Coach)
20. Abid Rehman (Administrator)

PARTNERS IN ROWING (ISR)

Platinum Partner:



Gold Partners:

Silver Partners:



Arts Partner:



Auto Partner:



Dewan Motors

Bronze Partners:



Others Partners:



Karachi Boat Club

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Karachi Boat Club Website: www.kbcrowing.org

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